



May (springtime recipe)

Fish Roll with Basil and Vegetables in Orange-Dill-Sauce

Ingredients (for 4 people):

Water

800-1000g salmon filets (or other fish such as redfish, sole or plaice)

Salt

Wood

2 lemons

Fire

2 bundles of basil

Metal

Pepper

Directions:

Wash the fish and cut it into (5 centimeter) slices. Press out the juice of two lemons and wash and cut the basil.

Season the fish with salt, pepper and lemon. Fill the fish with basil, roll it and fix the roll with a toothpick. Let the roll steam or roast for approx. 10 minutes.

Recommendation:

As side, we would recommend mixed **vegetables in orange-dill-sauce**.

Ingredients (for 4 people):

Earth

6 carrots

400g white mushrooms

Olive oil

Metal

4 onions

2 teaspoon ginger powder (or fresh ginger)

Pepper

2 bundle of dill

Water

Salt

Soy sauce

100g dried brown mushrooms

**Wood**

300g soybean sprouts

Lemon juice

Juice of 4 oranges

Fire

Curcuma

Orange zest

Directions:

Grate the peel of the oranges and extract the juice. Peel the carrots and cut them in small pieces. Wash the white mushrooms and cut them into pieces. Peel the onions and divide them into eights. Chop the fresh ginger finely. Soak the dried mushrooms in hot water for 30 minutes, rinse them afterwards. Rinse the soybean sprouts. Cut the dill into small pieces.

Heat 6 table spoons of olive oil in a big skillet, braise the onions lightly. Add carrots and white mushrooms, ginger and brown mushrooms. Season the mixture with salt, lemon juice and cook for 2 minutes. Deglaze with orange juice and season with one tea spoon of curcuma, orange zest, dill and soy sauce.

Enjoy your meal!